

*DINAMO ZAGREB
CAMP*



Romeo
Jozak

TRAINING PHILOSOPHY



Training Guidelines



Having fun playing soccer

Learn to play soccer through games

Learn the basic techniques through playing (dribbling, passing, leading the ball)

Motivate players to move through multilateral games

Correct coordination deficiencies through specific exercises

No pressure and ultimatums





Training Guidelines



Small groups, lots of movement for everyone



Provide lots of contact with the ball and actions



Pay attention to good performance, correction



Technical training is primarily in-game situation simulation training



Communicate intensely and actively involve players in training



Camp Structure

Meet & Greet

Warm up – extensively, SAQ, small - sided games

Individual technique, with the ball (ball control, dribble the ball, feinting) , without the ball (walk, run, jumps, houps)

Dynamic and functional technique, basic and situational trough game

Scrimmage, 5v5, 7v7, 9v9, 11v11



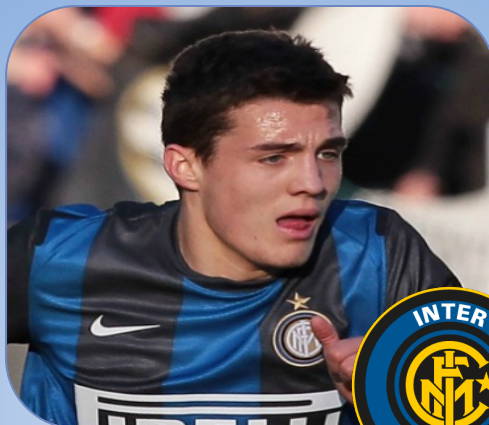


Past Graduates

Luka Modric



Mateo Kovacic



Vedran Corluka



Eduardo Dasilva



Dejan Lovren



Mario Mandzukic